

# How Getting Regular Exercise May Help You During and After Cancer Treatment

## Benefits for Your Body

Getting regular exercise will:

- help you maintain or improve your physical abilities
- keep your muscles strong to help reduce your risk of falling
- help you feel better from side effects of cancer treatment such as:
  - muscle and joint pain
  - nausea (upset stomach)
  - feeling tired (fatigue)
- help you keep a healthy weight
- lower your risk of:
  - heart disease
  - diabetes
  - blood clots
  - certain types of cancers or recurrence of cancer
  - osteoporosis (weak, brittle bones)
- make you more independent with your normal everyday activities
- strengthen your immune system.

## Benefits for Your Well-being

Getting regular exercise may also:

- improve your self-esteem
- improve your thinking skills
- improve your ability to participate in social or work activities
- lower your risk of being anxious or depressed
- help you stay active with family members and friends
- improve your quality of life.